NORTHERN DISTRICTS CRICKET ASSOCIATION HANDBOOK (Web)

YOUTH RANGATAHI (FEMALE)
29 NOV – 1 DEC 2026
CAMBRIDGE

NORTHERN DISTRICTS LIMITED OVERS YOUTH RANGATAHI

NORTHERN BRAVE T20 SMASH YOUTH RANGATAHI

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Code of Conduct - Our Philosophies

Support and Encourage

High fives and good vibes all around! Encourage and support your teammates, opponents, coaches and refs with kindness and good vibes. Show up, give it your all, and have fun doing what you love.

Respect the Space, Respect the Game!

Keeping things clean, in good condition, and the atmosphere positive, is a team effort. Lead with smiles, fair play, and positivity. Be a good sport and remember actions speak louder than words.

Be Kind and Respectful

Let the good vibes roll...choose to be kind and respectful. Work equally hard for yourself and your team. Remember a player participates in cricket for *their* enjoyment, not for coaches or parents.

Say it Positive and Clean

Keep the positive vibes flowing by using clean, positive, and family friendly language. Applaud effort and performances whether it's by your team or the opposition. Make the game welcoming for all – speak kindly, respect differences and help create a safe space for everyone.

Be a Positive Role Model for Cricket

Act in a way that projects a positive image of cricket. Ensure the player's time spent with you is a positive experience. Operate within the laws and spirit of cricket, while encouraging the players to do the same.

Walk the Talk!

Live the values you coach – respect, honesty, and teamwork. Your actions teach more than your words. Support every skill level, every effort and every small win. Be encouraging, stay calm and let the fun come first.

Keep Learning and Levelling Up

Stay open to new ideas, training methods and feedback that is appropriate to their needs and goals. Create sessions that are fun, structured, and build confidence – not just skills. Great coaches never stop growing.

Respect the Legends of the Game!

Say thanks to the people who make the games happen – coaches, officials and volunteers. Remember they are people who give up their time to make the game happen.

NORTHERN DISTRICTS CRICKET

Introduction

Northern Districts Cricket Association (NDCA) a Major Associations of the national governing body New Zealand Cricket (NZC). In alignment with NZC, NDCA leads the strategic direction at all levels of the game and is the overarching Regional Sport Organisation with six affiliated District Associations:

- Northland Cricket Association (NCA)
- Counties Manukau Cricket Association (CMCA)
- Hamilton Cricket Association (HCA)
- Waikato Valley Cricket Association (WVCA)
- Bay of Plenty Cricket Association (BOPCA)
- Poverty Bay Cricket Association (PBCA)

The regional strategy encompasses aspirations and visions across all stages of the game from grassroots to professional with key pillars as defined:

"The purpose of this tournament is to provide opportunities for players to develop their skills through enjoyable cricket experiences. While tournament placings and trophies will be awarded, the primary focus remains on player development, learning and positive cricket experiences".

NDCA Purpose: Connecting People, Creating Memories
NZC Vision: A game for all New Zealanders, a game for life
NDCA Values: Stronger together | Build on our foundations | Play Our Way

Key Information

Welcome to the 2026 Northern Districts Cricket Association Youth Rangatahi (Female) tournament over the 29 November -1st December. Northern Districts Cricket is looking forward to connecting with all involved in the tournament, to ensure it is an enjoyable and learning focussed experience for all players, coaches, managers, and officials.

Location	Formats	Players Per Side	Balls	Stumps
John Kerkhof Park, Cambridge - Artificial Cambridge	5 x T20	9	142gm White Kookaburra Senator, provided by NDCA	Spring loaded stumps provided

Ground Information

John Kerkhof Park is located on Vogel St, Cambridge. Parking is available at the ground.

Tournament Draw

Rangatahi Youth Wāhine Draw

Playing Conditions

NDCA YOUTH RANGATAHI (FEMALE)

This tournament is part of the NDCA Pathway programme with an ethos to provide enjoyable participant opportunities through positive cricket experiences.

Except as modified hereunder the Women's SS Playing Conditions for Cricket in New Zealand shall apply.

1. THE TOURNAMENT

1.1. PLAYER ELIGIBILITY:

The tournament shall be open to every female player in Northern Districts under the age of 19. To support player inclusion, NDCA can approve dispensations on a case-by-case basis.

1.2. FORMAT:

1.2.1. The tournament will consist of a round robin format of T20.

1.2.2. Availability for Six teams will compete in the tournament.

1.2.3. All teams will score using the PlayHQ scoring system – either online scoring, or offline scoring, and uploading the result at the end of the game.

1.2.4. All players must be registered to PlayHQ before the start of the tournament.

1.3. **MATCH SCORING**

1.3.1. All teams will score using the PlayHQ scoring system.

1.3.2. All teams must provide a list of players to NDCA prior to the tournament start date. NDCA will set up the tournament on PlayHQ to best assist live scoring.

1.3.3. All players must be registered to PlayHQ before the start of the tournament.

2. NOMINATION OF PLAYERS

2.1. Districts may name an unlimited number of players in a squad to participate at the tournament. Each district is responsible for all costs related to player accommodation and transport in relation to the tournament.

2.2. Prior to the toss for each match, team captains must provide opposing captains and the Umpires a list of the teams Batting nine and Fielding nine. (This can be done verbally)

a. The players left out of the Fielding nine can act as sub fielders for the fielding portions of the match. (i.e. the players may bat in the Batting nine but may not bowl).

b. The wicketkeeper cannot be designated as the non-bowler.

c. There are no restrictions on the amount of time a player is required to be on the field before being allowed to bowl or bat during an innings.

d. Each squad player must be included in at least one of either the batting or fielding nines, except when a player isn't available due to injury or illness.

3. CLOTHING & EQUIPMENT

In all matches, teams must wear:

(a) A designated team uniform of any colour as approved by the District Association.

(b) All necessary protective equipment must be worn when batting and wicket keeping. Helmets are mandatory at all times for batters and wicket keepers.

4. THE PITCH AND BOUNDARY

4.1. Artificial surfaces will be used.
4.2. All matches will be played on 20.12m pitches, using spring loaded stumps.
4.3. The boundary line will be drawn at a maximum of 40 meters from the centre of the wicket.

5. THE BALL

5.1. The ball must be a **142gm white Kookaburra Senator.**
5.2. All Balls will be provided by NDCA and are to be returned to NDCA at the end of game.

6. BATTING DISMISSALS AND RETIREMENT

6.1. A batter will retire "not out" having reached an individual score of 50+ runs; the batter will retire at the end of the over.
6.2. After all nine named batters have batted, any retired batters can return to the crease but only after the fall of the 8th wicket. Retired batters should return in the same order as retired "not out" – not the order in which batted. The innings shall finish on the completion of the overs of the game.
6.3. All modes of dismissal shall apply.

7. FIELDING INNINGS RESTRICTIONS

7.1. A maximum of nine players may take the field at any one time to field.
7.2. No fielder is to be positioned within 10 metres in front of the striking batter.
7.3. No more than two fielders may be positioned behind square leg.
7.4. No more than four fielders may be positioned on the leg side at any time.
7.5. No less than four fielders may be positioned within the inner circle – measured at 23-metre circle.
7.6. Wicketkeepers must wear full protective equipment including a helmet at all times.

8. NUMBER OF OVERS PER BOWLER

8.1. No bowler shall bowl more than no more than four overs in an innings of a T20. In a match where the start is delayed and the innings of both teams is restricted from the start, or in a match where play is interrupted and the overs are reduced for both teams or for the team bowling second, no bowler may bowl for more than one-fifth of the total overs allowed except where the total overs is not divisible by five. Where this occurs one additional over shall be allowed to a minimum number of bowlers.
8.2. In the event of a bowler becoming unable to complete an over through injury, the remaining balls must be bowled by another bowler. For the bowler that bowls the remaining balls, it will be considered a full over for that bowler, only in so far as each bowler's limit is concerned.

9. BOWLING EXTRA; NO BALL

9.1. A no ball signalled shall result in a one run being added to the batting team total.

9.2. The Umpire shall call and signal No ball in the following instances with the next delivery to be signalled a 'free hit' (as explained in 9.3):

a. If the bowler delivers a ball which bounces more than twice before the popping crease.
b. If the bowler delivers a ball with the front foot either on/in front of the popping crease.
c. If the ball which bounces either passes, or would have passed, over the shoulder height of the striker standing in a normal stance at the crease.
d. If a full pitched ball, irrespective of pace, passes or would have passed on the full above waist height of a batter standing in a normal stance at the crease.
e. If there are more than three fielders outside of the 23m circle

Free Hit

The delivery following a no ball called (all modes of no ball) shall be a free hit for whichever batter is facing. If the delivery for the free hit is not a legitimate delivery (any kind of no ball or a wide ball) then the next delivery will become a free hit for whichever batter is facing. For any free hit, the striker can be dismissed only under the circumstances that apply for a No ball (e.g. run out), even if the delivery for the free hit is called wide ball.

Neither field changes nor the exchange of individuals between fielding positions are permitted for free hit deliveries unless:

(a) There is a change of striker; or

(b) The no ball was the result of a fielding restriction breach in which case the field may be changed to the extent of correcting the breach.

10. BOWLING EXTRA; WIDE

10.1. A wide signalled shall result in a one run being added to the batting team total.

10.2. Any off-side or leg-side delivery which in the opinion of the Umpire does not give the batter a reasonable opportunity to strike the ball, shall be called a Wide. The above provisions do not apply if the striker makes contact with the ball.

11. MATCH SCORING & WEATHER AFFECTED MATCH SCORE CALCULATIONS

11.1. All teams will score using the PlayHQ scoring system.

11.2. For weather interrupted matches, the Duckworth Lewis calculations will be used.

12. TOURNAMENT AND POINTS PLACING

The tournament purpose is to provide opportunities for players to develop skills through an enjoyable cricket experience. A points table shall be available on PlayHQ. No trophy shall be awarded to reflect the primary tournament purpose to provide positive player experiences.

Tournament Operations

Sunday 29 November

Time	Information
9.00am	Pre-tournament Coaches/Managers Meeting
9.10am	Photos - Tournament
9.40am	Opening of Tournament
10.30am	Game 1 – T20
2.30pm	Game 2 – T20

Monday 30 November

Time	Information
9.10am	
10.30am	Game 3 – T20
2.30pm	Game 4 – T20

Tuesday 1 December

Time	Information
9.10am	Pre-tournament Coaches/Managers Meeting
10.30am	Game 5 – T20
2pm	Closing of Tournament

- Cricket balls are to be provided by NDCA and returned to NDCA after each game.
- Stumps are provided by NDCA.
- Matches are to be scored on PlayHQ, each team providing 1 scorer per game.
- Lunch will be provided by NDCA.
- Water tanks will be available throughout each day for refills.
- One representative coach/manager from each team to attend start of day meetings.
- Managers WhatsApp group will be set up for the tournament for any key information to be communicated

Health & Safety Plan

NDCA will hold a number of events over the year. This plan relates to the event activities throughout the duration of the event:

- Setup prior to event
- Match day activities
- Pack up post event

This plan applies to the following:

- Event organisation staff
- Participants
- Spectators
- Volunteers
- Contractors

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1. Event Information Centre
2. Site Map
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12. Incident
13. Site Hazards
14. Manual Handling
15. Appendices

1. Event Information Centre

The designated Event Information Centre is to be based in the NDCA Tent; Refer Site Map. It will always be present during the event.

- This Event Office will also incorporate a gathering/collecting point for lost children
- All persons under the age of 18 should be accompanied by an adult.
- Whilst on site please follow the instruction of Event Organisers.

2. *Site Map*

- Please refer the Appendix 1. Site Map.
- Please observe the safety provisions exits, assembly point, toilets etc.
- Please observe which areas you may operate in, park etc.

3. Bathrooms

Bathrooms are located throughout the event as indicated in the site map

- Public toilets are located in the pavilion
- Signs are erected at the event to identify the toilet locations.

4. Parking

- Parking is available for event participants as identified on the site map
- Any persons parking illegally should be warned that their car may be ticketed/towed.

5. Emergency Procedures

All event staff, volunteers and contractors are to be provided with a copy of this plan and advised of the following emergency procedures.

- Staff, volunteers and contractors are to report any emergencies immediately to event management.
- Officials, Team Management and Coaching Staff are to report immediately to Tournament Organisers if they feel that their own safety or that of the public is in danger

6. General

If the verbal alarm is raised:

- Evacuate the area in an orderly fashion
- Event staff should assemble near pavilion
- Follow the instructions of Event organisers who shall provide instructions
- Re-enter after all clear is given by Tournament Organisers
- If you have an incident and require first aid Tournament Organisers must be notified immediately, and qualified first aiders must attend

7. Emergency Evacuation

In the event of an evacuation, Officials, Team Management and Coaching Staff are to:

- Direct all activity participants and spectators to designated assembly point
- Ensure their own safety if circumstances deteriorate
- Assembly point area is located on the field and highlighted on site map.

8. Emergency Services

- Vehicle access for Emergency Vehicles is designated through the carpark
- A volunteer will be available with the key if required in emergency

9. First Aid

- St John will attend to all emergency situations requiring first aid (call 111)
- First Aid Kits are available.
- Each team must provide their own First Aid Kit
- AED App (please download app) or AED Locations

10. Fire

- The event organiser is the designated Fire Warden and will coordinate emergency procedures should they occur.
- Evacuation assembly point is located on the site map.
- Officials, Team Management and Coaching Staff are to report any Fire emergency immediately to event headquarters
- Officials, Team Management and Coaching Staff should not attempt to put out fires if it will jeopardise their own safety.
- Firefighting equipment is not available at this venue

11. Helmets

The New Zealand Cricket Community Cricket Helmet Policy applies to all matches – see Appendix 2.

12. Incident

- In the event of a member of public sustaining a significant injury classed as a "Notifiable Event", staff, volunteers and contractors are to:
  - Ensure their own safety first
  - Send someone to notify event organiser to request assistance from St John Ambulance
  - Assess the injury and only administer First Aid if you can do so and there is no additional exposure to risk.
  - Freeze the scene as much as possible.
  - Stay with the patient if it is possible to do so safely and
  - Try to keep patient calm.
  - Await instruction from First Aid staff or Event Management
  - Complete an incident form on **EcoPortal** with assistance from Event Organiser
  - Northern Districts Cricket are to notify WorkSafe for any Notifiable Events

- Any player injuries shall be reported and recorded by their Team Manager or Coach.
- Report any near miss or incidents to the Team Manager or Coach.
- The Medical Plan attached will be required to be completed to identify any pre-existing medical conditions.
- Where a concussion injury has been identified, the Concussion Plan must be completed by the Event Organiser. Refer to Appendix. 4.

13. Site Hazards

- A pre-event hazard inspection will be undertaken, to identify physical hazards.
  - Identified site hazards are noted in the attached RAM form (Appendix 3).
  - Any construction site hazards will be noted specifically.
  - A Hazard register (RAM form or similar) will be on-site and completed accordingly and held at Event specified location.
- Note that site hazard register will only list identified hazards BEFORE event begins.
  - Any organisation conducting activities at the event must notify the Event organiser of any specific hazard associated with their operations.
  - Note that all individuals should also be on alert for other uncontrolled hazards they may encounter and report them to the Event Organiser
- Please read the Site Hazard Register (RAM form or similar) attached for a list of hazards on site. Please observe the controls and/or wear the Personal Protective Equipment (PPE) required and take steps to avoid these hazards.
- Any organisation conducting activities at the event must notify the Event Management of any specific hazard associated with their operations.

14. Manual Handling

- No person should lift more than they are capable of lifting. Get assistance if required.
- Always ensure the pathway is clear prior to moving anything.

For loads that can be carried by the individual:

1. Stand as close to the load as possible with feet apart for good balance.
2. Bend your knees to lift and lift directly upwards.
3. Keep your back as straight as possible, keep your head up when lifting and carrying.
4. Always keep the load as close as possible to your body, with elbows close to your sides making sure you can see where you are going.
5. Do not twist your body to change direction, use your feet.

15. Appendices:

- Appendix 1. Site Map (John Kerkhof, Cambridge)
- Appendix 2. RAM Hazard Register
- Appendix 3. NZC Community Cricket Helmet Policy
- Appendix 4. Concussion Plan

Appendix 1 – John Kerkhof Park

Hazard and Risk Assessment Form

For Programme Delivery and Event Management

Completed by: NDCA
Location: John Kerkhof Park

Operations or Event: Tournament Matches
Date: 29 November-1 December 2026

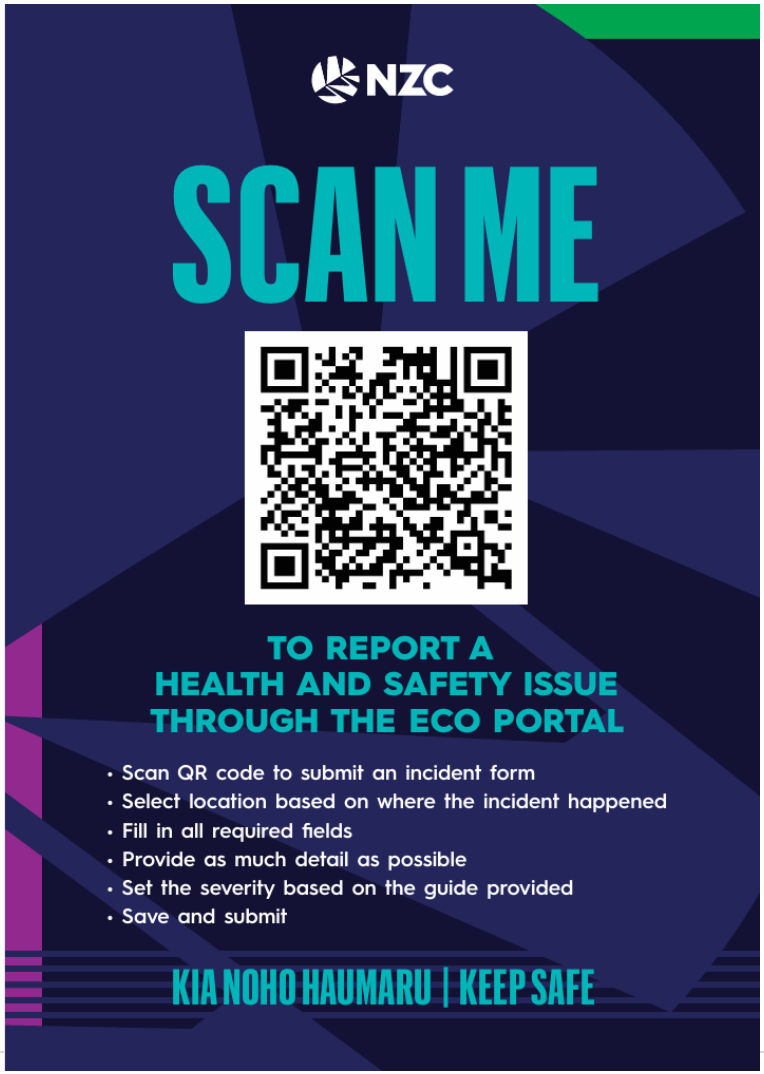
Hazard Identification This process is to manage identified hazards & their associated risks that could negatively impact on worker health and safety **What can go wrong**	**Assessment of the Risk**				
	Consequence/ Impact A. Fatality B. Permanent Disability C. Restricted Work D. Medical Treatment **E.** First Aid	**Likelihood** Almost Certain Likely Possible Unlikely Highly Unlikely	**Raw Risk Score** Extreme High Medium Low	**Controls – What would you do to reduce the impact.** Eliminate, Substitute, Isolate, Engineering Controls, Administrative Controls, PPE	**Residual Risk Score** Extreme High Medium Low
Roller use – being struck	A	Unlikely	High	Must ensure area is clear of public when operating roller	Low
Outfield – holes, uneven surface	D	Possible	Medium	Clear of obstructions and all holes filled in	Low
Artificial pitches – proud exposed concrete	D	Possible	Medium	When concrete pitch meets the outfield, ensure ground level is equal to concrete pad	Low
Groundsman mowing - struck	A	Unlikely	High	When possible, have outfield mowing done prior to players arriving. If not possible, don't allow warmups on the field until mowing completed	Low
Erection of sightscreens – blowing over or out	D	Possible	Medium	3 plus people to erect. The standards have to be driven into the correct depth. Ropes correctly fitted and tightened	Low
Steel pegs (standards) – impaled	A	Possible	Extreme	All standard pegs proud of the ground, must be covered in cushioning material	Medium
Tents blowing away- hitting people	A	Unlikely	High	Corners of all tents must be secured using correct length pegs	Low
Temporary fencing – people running into it	D	Likely	High	Keep back 2 metres from the boundary	Medium

Exposure to sun	D	Possible	Medium	RAMs form, rehydrate, sunscreen, protective clothing, signage, hats, scheduled safety meetings	Low
Sightscreen	B	Likely	Extreme	Scheduled maintenance, correct coloured equipment used. Scheduled safety meetings	High
Falling foliage from nearby trees	C	Likely	High	Housekeeping, pruning routines with local body, scheduled checks, scheduled safety meetings	Medium
Run-up maintenance	B	Unlikely	Moderate	Scheduled maintenance, scheduled checks, scheduled safety meetings	Low
Allergies – bee stings	A	Possible	Extreme	First aid kit, scheduled checks, scheduled safety meetings	High
Running	B	Possible	High	RAMs form, maintenance of surface, housekeeping, supervision, scheduled safety meetings	Medium
Throwing	B	Possible	High	RAMs form, equipment maintained, first aid training and kits available. Clear verbal instruction, supervision, scheduled safety meetings	Medium
Striking activities	A	Possible	Extreme	RAMs form, equipment maintained, first aid training and kits available, clear verbal instruction, equipment maintained, supervision, scheduled safety meetings	High
Medical Incident	A	Possible	Extreme	RAMs form, equipment maintained, first aid training and kits available, clear verbal instruction, equipment maintained, supervision, scheduled safety meetings	High
Emergency evacuation	A	Almost certain	Extreme	Evacuation procedure/signage	Medium
Soft tissue injury	Restricted work	Likely	High	Dynamic warm up, awareness of physical restrictions, first aid qualified/kit, demonstration provided,	Medium
Hit by ball	Medical Treatment	Possible	Medium	Using tennis ball, demonstration, first aid qualified/kit, proper equipment, pace v competence,	Low
Hit by bat	Restricted work	Possible	Medium	Use plastic bat, demonstration, first aid qualified/kit,	Low

Slip/trip/fall	Fatality	Possible	Extreme	Suitable footwear, first aid qualified/kit, check surface, awareness, briefing, housekeeping,	High
Prior health condition	Fatality	Possible	Extreme	Awareness of restrictions, opt-out option, first aid qualified/kit	High
Collision	Medical Treatment	Possible	Medium	Situational awareness, first aid qualified/kit, demonstration,	Low
Equipment failure	Medical Treatment	Unlikely	Medium	Equipment well maintained and regularly checked first aid trained/kit	Low

Health and Safety Reporting

Through Eco Portal



NZC

Mind Your Head

New Zealand Cricket is committed to ensuring all cricketers receive the very highest standard of helmet protection, whether batting or fielding (in specific positions). To this end, NZC has adopted a formal position on helmet safety which is largely in line with similar policies implemented in England & Australia.

- All MAs and DAs (plus Clubs which have paid staff) will have a 'go to' person regarding the implementation of the helmet policy - NZC will also assist in this regard.
- Education will be crucial to the success of this policy.
- Compliant helmets are available from retail outlets throughout New Zealand.

Junior / Youth Hardball
(Under 19yrs) boys and girls

The following policy will be mandatory for the 2021 - 22 season onward. Helmets, with a face guard, are **mandatory** for junior cricketers (Under 19), including when they are playing senior cricket. They must be worn while playing and during practice sessions when batting, keeping (within 5 metres of the stumps) or fielding in close (within 7 metres of the stumps, excluding behind the wicket on the off-side).

British Standard helmets (BS7928:2013) are considered "best of breed" helmets and supersede the old Australian/NZ Standard (AS/NZS 4499 series). It is mandatory for all junior / youth cricketers to wear the British Standard helmet

Any individual with responsibility for players (such as a coach or manager), together with match umpires, should take all reasonable steps to ensure that the above guidelines are followed.

Senior Cricket
(19yrs and above) men and women

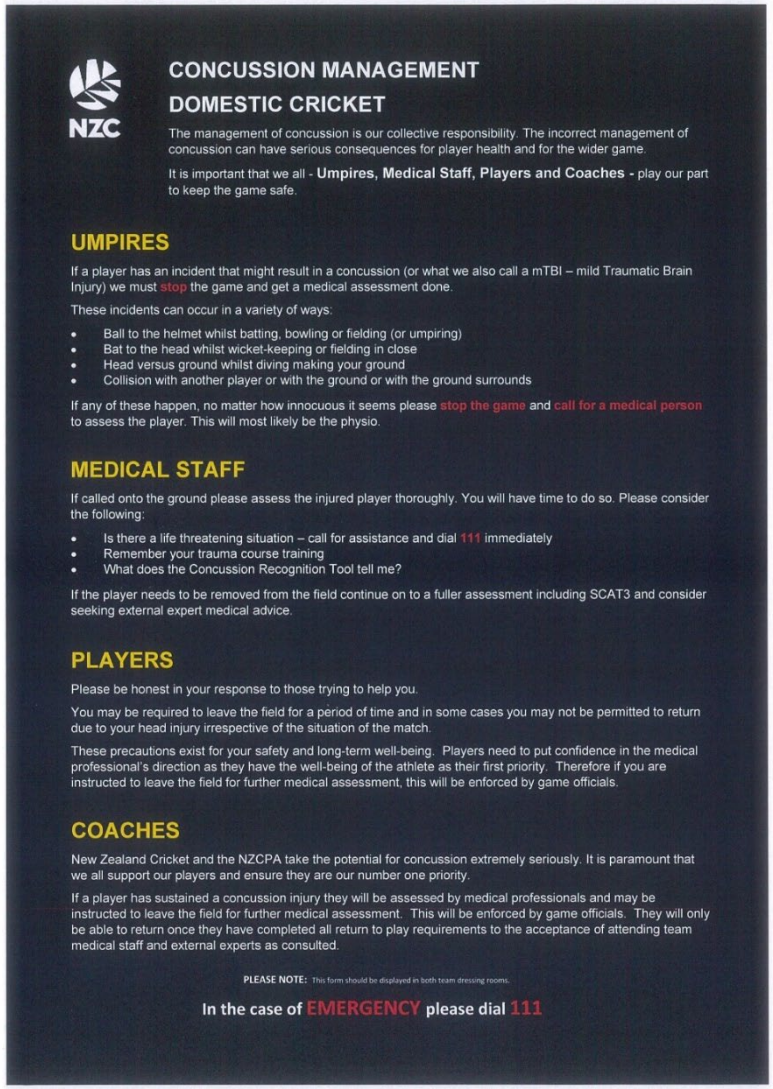
The following policy will be mandatory for the 2021 - 22 season onward. Helmets, with a face guard, are **strongly recommended** for senior cricketers (19yrs and above) while playing and during practice sessions when batting, keeping (within 5 metres of the stumps) or fielding in close (within 7 metres of the stumps, excluding behind the wicket on the off-side).

British Standard helmets (BS7928:2013) are considered "best of breed" helmets and supersede the old Australian/NZ Standard (AS/NZS 4499 series). For the amateur cricketer (Senior 19yrs and above – Men and Women) who choose to wear a helmet, it is strongly recommended that the helmet meets the British Standard (BS7928:2013).

Any individual with responsibility for players (such as a coach or manager), together with match umpires, should take all reasonable steps to ensure that the above guidelines are followed.

It is recommended that women only use helmets which have been tested against both the men's and junior sized ball or at least against the junior size ball.

Appendix 5 – Concussion Management



CONCUSSION MANAGEMENT
DOMESTIC CRICKET

The management of concussion is our collective responsibility. The incorrect management of concussion can have serious consequences for player health and for the wider game.

It is important that we all - **Umpires, Medical Staff, Players and Coaches -** play our part to keep the game safe.

UMPIRES

If a player has an incident that might result in a concussion (or what we also call a mTBI – mild Traumatic Brain Injury) we must **stop** the game and get a medical assessment done.

These incidents can occur in a variety of ways:

- Ball to the helmet whilst batting, bowling or fielding (or umpiring)
- Bat to the head whilst wicket-keeping or fielding in close
- Head versus ground whilst diving making your ground
- Collision with another player or with the ground or with the ground surrounds

If any of these happen, no matter how innocuous it seems please **stop the game** and **call for a medical person** to assess the player. This will most likely be the physio.

MEDICAL STAFF

If called onto the ground please assess the injured player thoroughly. You will have time to do so. Please consider the following:

- Is there a life threatening situation – call for assistance and dial **111** immediately
- Remember your trauma course training
- What does the Concussion Recognition Tool tell me?

If the player needs to be removed from the field continue on to a fuller assessment including SCAT3 and consider seeking external expert medical advice.

PLAYERS

Please be honest in your response to those trying to help you.

You may be required to leave the field for a period of time and in some cases you may not be permitted to return due to your head injury irrespective of the situation of the match.

These precautions exist for your safety and long-term well-being. Players need to put confidence in the medical professional's direction as they have the well-being of the athlete as their first priority. Therefore if you are instructed to leave the field for further medical assessment, this will be enforced by game officials.

COACHES

New Zealand Cricket and the NZCPA take the potential for concussion extremely seriously. It is paramount that we all support our players and ensure they are our number one priority.

If a player has sustained a concussion injury they will be assessed by medical professionals and may be instructed to leave the field for further medical assessment. This will be enforced by game officials. They will only be able to return once they have completed all return to play requirements to the acceptance of attending team medical staff and external experts as consulted.

PLEASE NOTE: This form should be displayed in both team dressing rooms.

In the case of EMERGENCY please dial 111

Pocket CONCUSSION RECOGNITION TOOL™

To help identify concussion in children, youth and adults

RECOGNIZE & REMOVE

Concussion should be suspected if one or more of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

Loss of consciousness or responsiveness
Lying motionless on ground / Slow to get up
Unsteady on feet / Balance problems or falling over / Incoordination
Grabbing / Clutching of head
Dazed, blank or vacant look
Confused / Not aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea or vomiting
- Drowsiness
- More emotional
- Irritability
- Sadness
- Fatigue or low energy
- Nervous or anxious
- "Don't feel right"
- Difficulty remembering
- Headache
- Dizziness
- Confusion
- Feeling slowed down
- "Pressure in head"
- Blurred vision
- Sensitivity to light
- Amnesia
- Feeling like "in a fog"
- Neck pain
- Sensitivity to noise
- Difficulty concentrating

3. Memory function

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Failure to answer any of these questions correctly may suggest a concussion.

"What venue are we at today?"
"Which half is it now?"
"Who scored last in this game?"
"What team did you play last week / game?"
"Did your team win the last game?"

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

RED FLAGS

If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Athlete complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling / burning in arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behaviour change
- Double vision

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to so do.
- Do not remove helmet (if present) unless trained to do so.

from McCrory et. al, Consensus Statement on Concussion in Sport. Br J Sports Med 47 (5), 2013

In the case of EMERGENCY please dial 111

Appendix 6 – Code of Conduct

NZC Game On Code of Conducts for players, coaches and parents/caregivers.

- On and off field misbehaviour can result in a player being sent home. Parents will be notified if this step is taken.
- Any damage to accommodation or dressing rooms shall be at the cost of the player responsible.
- There is a strict NO alcohol and drugs policy for all NDCA Rangatahi Tournaments – this includes vaping.
    - This is inclusive of players 18 years and older.

Any complaints are to be made in writing to NDCA Competition and Tournament Manager, via email to collette@ndca.co.nz